



How to Clean Your Occlusal Guard

So, you just got an occlusal guard and are not sure how to clean it. No worries, follow the simple steps below and soon you will have a shining bite guard ready to be used again.

When you receive your bite guard, you will also take home a case for storage and a special brush. Do NOT soak your bite guard. **Also, keep it stored in its case, away from all pets.**

Simple instructions for cleaning your bite guard:

- **Rinse** the night guard with warm water as soon as it is removed from your mouth
- **Brush** with a pea sized amount of antibacterial soap and the special brush provided
- **Let it dry.** Place your bite guard on a hard surface and let it dry completely
- **Store** your device in a dry case